

完成比赛

最后一个‘F’是‘Finish The Game（完成比赛）’。薄伽梵说过，‘Life is a game, play it 生命是场比赛，游戏之’。祂也说，‘完成比赛’。这两种论述互为关系。一场比赛（game）与一场游戏（play）之间有何不同？

在比赛中，你不是赢就是输，但在游戏中就没有输赢这等事。例如，在沙滩上，孩子们筑起沙堡然后把它踢翻以娱自己。这带来无比的欢乐。所以，游戏没有输赢的条规和结果。它只是好玩和欢闹。但比赛就在条规之内而牵涉到输赢的结果。

‘生命是场比赛，游戏之’。是的！我们或输或赢，然而，我们应该游戏之以便我们提升至其上。我们应该游戏之，以使我们胜而不骄，输而不馁。虽然生命是场比赛，有着严肃的一面和条规的限制，但是，当我们‘游戏’人生比赛时，我们就可以攀登胜负之上或二元性思潮之上。所以，游戏是非二元性的而比赛则是二元性的。游戏是神性的而比赛是人性的。

生命是一场比赛，充满着二元性，挫折和惊虑，得利和损失，赞美和谴责，胜利和失败。生命使我们处于紧张之中并使我们一直到处奔波，因为人生是充满严肃的。生命是一场应该‘游戏’的比赛。‘游戏’比赛；使之充满娱乐，使之充满欢笑。

生命中，有生就有死。这就是二元性。有人诞生，我们庆祝；有人死亡，我们哀悼。被赞美时，我们欣喜不已，但被批评时，我们等待机会报复。薄伽梵有一回说，“有人批评我，也有人赞美我。两者就像两座山一样的高而我处于中央，祝福两者，因为我驾凌于它们之上。这完全是我的游戏。”

任何比赛都有条例和规则。要参加比赛，就需要学习条例和规则。规则有两种；一种是个人规则，另一种是共同规则。个人规则即所谓的‘Yama’（禁戒）而共同规则是‘Niyama’（劝戒）。我们应该遵守个人和共同规则。如你不遵守规则，你就不能参加人生的比赛。如果队里仅一人有好的表现，那是不足够的，要整队的人都表现得才好才行。

每一场比赛都有一个队长。队长会告诉你站在有利的位置，地点等等。同样，我们人生的队长就是薄伽梵峇峇。薄伽梵是这一生的比赛的队长。队长会告诉我们该做什么，该怎么比赛。我们应该服从队长。祂观察和注意我们所有的举止。

完成比赛意味着你必须参加这人生比赛直至结束。我们怎么知道它什么时候结束和如何结束？在一场比赛中，它是有时间限制的。然而，我们怎么知道人生比赛何时结束？当你认知你并非身，心，智时，你就知道人生比赛已完成。当你知道心灵或阿特玛乃真中之真，而它寓于人人之内而个体之灵与宇宙之灵并无二致时，那就标明了比赛的结束。在那之前，我们还必须比赛。

凭借认识你的本来面目，你的自性而不是看到种姓，信念，性别和国籍的差异来完成比赛。凭借抵达不二论和福乐的境界来完成比赛。愿薄伽梵峇峇，我们人生的队长，协助我们很成功地参加人生比赛，从而赢得这场比赛，让祂以祂的队伍而引以为傲。祂应该说，“在这里的是我的孩子们，他们赢得比赛。在这里的是我的孩子们，他们遵从我的指示。在这里的是我的孩子们，他们了解我所要的一切及了解我要他们采取的行动方式。职是之故，他们赢得了比赛。”

问题：

1. 一场比赛与一场游戏之间有何不同？【顺序讲述】
2. 在人生的比赛中，有条例和规则。分享你对其中一条规则的想法。【顺序讲述】
3. 怎么知道人生比赛何时结束？【公开讨论】
4. 薄伽梵峇峇如何帮助过你成功地参加人生比赛？请分享你的经验。【公开讨论】

December 2018: SCA Study Circle

Finish the Game

The last 'F' is 'Finish The Game'. Bhagavan said, 'Life is a game, play it'. He also said, 'Finish the game'. These two statements are interrelated. What is the difference between a game and a play?

In a game, you either win or lose, but in a play there is no such thing as winning or losing. For example, on the seashore, children build sand castles and then kick them playfully. This gives them lot of joy. So, play has no rules or results like winning or losing. It is just for fun and frolic. But a game is within the rules and there is winning or losing involved.

'Life is a game, play it'. Yes! We lose or win but yet, we should play it so that we rise above it. We should play it so that, we will not be frustrated when we lose, nor become proud if we win. Though life is a game with all its seriousness and rules, when we play the game of life, we will be able to rise above defeat or victory, or above the spirit of duality. So, play is non-dual, whereas, game is dual. Play is divine, whereas, game is human.

Life is a game full of dualism, bumps and jumps, profit and loss, praise and blame, victory and loss. Life keeps us in tension and makes us run about all the time, because life is full of seriousness. Life is a game which should be played. Play the game; make it fun-filled. Fill it with smiles.

In life you have birth and death. This is dualism. We celebrate when there is birth, and death leads to mourning. When we are praised we are happy, but when we are criticized, we wait for a chance to avenge. Bhagavan once said, "There are people who criticize Me, and there are others who praise Me. Both are as high as two mountains, but I am at the centre, blessing both, because I am beyond. This is all My play."

In any game there are rules and regulations. To play the game one needs to learn the rules and regulations. There are two types of rules; one, individual rules and the other, collective rules. The individual rules are called 'Yama' and the collective rules are called 'Niyama'. Individually and collectively we should observe the rules. If you do not observe the rules, you cannot play the game of life. It is not enough if only one member of the team plays well, the entire team should play well.

In every game there is a captain. The captain will tell you where to stand, the vantage points, locations etc. Similarly, the captain of our life is Bhagavan Baba. Bhagavan is the captain of this life which is a game. The captain will tell what to do and how to play. We should follow the captain. He watches all our actions.

Finish the game means that you have to play this game of life until it comes to an end. When and how can we know that it is completed? In a game there is a time limit. But how to know when the game of life is completed? When you realise that you are not the body, mind and intellect, you will know that the game of life is completed. When you know that the spirit or Atma, is the truth of truths, which is present in everyone and that the individual soul is the same as the Cosmic Self, then that marks the end of the game. Until then, we have to play.

Finish the game by knowing your true identity, your Self, and not by observing any differences in caste, creed, sex and nationality. Finish the game by reaching the non-dual state and the state of

bliss. May Bhagavan Baba, the captain of our life, help us to play the game of life most successfully so that we win the match and that He feels proud of His team. He should say, "Here are My boys who won the game. Here are My boys who followed My instructions. Here are My boys who are aware of what I want and the way I want them to act. Therefore they won the game."

Universal & Practical Teachings of Bhagavan Sri Sathya Sai Baba, Chapter 7

Questions:

1. What are the differences between a game and a play? **【Sequential narration】**
2. In the game of life, there are rules and regulations. Share your thoughts on one of the rules. **【Sequential narration】**
3. How to know when the game of life is completed? **【Open discussion】**
4. How has Bhagavan Baba helped you to play the game of life successfully? Share your experience. **【Open discussion】**